

September Schedule



Monday

Class	Instructor	Studio
8:00am Balance & Stretch	Aireal Y.	Studio ●●
10:00am Aqua Challenge	Margie T.	Lg Pool ●●
11:00am Yoga	Deb T.	Studio ●●●
5:00pm Aqua Tai Chi	Sandy B.	Sm Pool ●●
5:30pm Xtreme Workout	Deniese K.	Court ●●

Tuesday

Class	Instructor	Studio
9:00am Chair Yoga	Robbi W.	Studio ●●●
9:00am Spin	Flora K.	Spin ●●
11:00am Total Body Tone	Jude B.	Court ●●

Wednesday

Class	Instructor	Studio
6:00am Spin	Sue M.	Spin ●●
10:00am Aqua Challenge	Margie T.	Lg Pool ●●●
11:00am Mat Pilates	Beth S.	Studio ●●●
5:30pm Powerplex	Mark M.	Court ●●

Thursday

Class	Instructor	Studio
9:00am Chair Yoga	Robbi W.	Studio ●●●
9:00am Spin	Flora K.	Spin ●●
11:00am Total Body Tone	Jude B.	Court ●●

Friday

Class	Instructor	Studio
6:00am Spin	Carisa C.	Spin ●●
8:00am Balance & Stretch	Aireal Y.	Studio ●●●
11:00am Yoga	Robbi W.	Studio ●●●

Saturday

Class	Instructor	Studio
9:00am Spin	Rotation	Spin ●●
10:00am Aqua Challenge	Carolyn B.	Lg Pool ●●●
10:00am Mat Pilates	Maureen	Studio ●●●
11:30am Tai Chi	Sandy B.	Studio ●●●

Class Emphasis

- Strength
- Aerobic
- Core
- Therapeutic
- Balance

Clinical Programs (fee based)

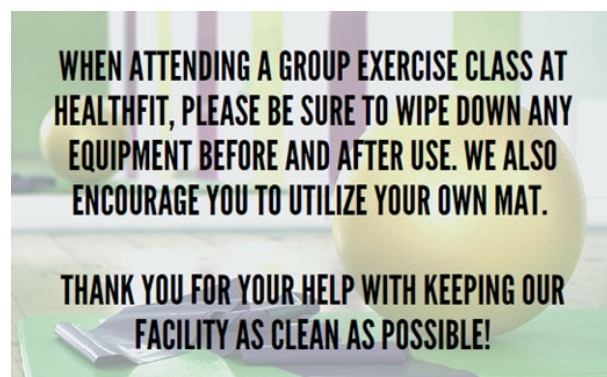
Inbalance 11am Monday & Wednesday- Jude

Healthy Hearts 11am Tuesday & Thursday- Kyle

Bone Builders 12pm Monday & Friday- Michelle

Fitness Forward 12pm Monday & Thursday- Jared

*no support groups at this time



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**Please note some instructors may change without notice

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